



**Road Running Technical Council
USA Track & Field**

Measurement Certificate



Name of the course NYRR Gridiron 4M 2025 Distance 4 mi

Location (state) NY (city) New York

Type of course: Road Race

Measuring Methods: Bicycle

Measured By James Gusmer, 156 W. 56th St., New York, NY 10019, jgusmer@nyrr.org, 703-346-8196

Race Contact Ted Metellus, 156 W 56th St, Floor 5, New York, NY 10019, 212-401-5713, tmetellus@nyrr.org

Date(s) when course measured: 01/15/2025

Number of measurements of entire course: 2 Course Configuration: loop with tail to finish

Elevation (meters above sea level) Start 22.25 Finish 22.25 Lowest 17.98 Highest 39.32

Straight line distance between start and finish 5m Drop 0.00 m/km Separation 0.07 %

Type of surface: Paved 100 % Dirt 0 % Gravel 0 % Grass 0 % Track 0 %

Effective date of certification: January 29, 2025 Certification code: NY25001DNB

Note to Race Director: Use this Certification Code
in all public announcements relating to your race.

Be It Officially Noted That

Based on examination of data provided by the above named measurer, the course described above and in the map attached is hereby certified as reasonably accurate in measurement according to the standards adopted by the Road Running Technical Council. If any changes are made to the course, this certification becomes void, and the course must then be recertified.

Verification of Course --- In the event a National Open Record is set on the course, or at the discretion of USA Track & Field, a verification measurement may be required to be performed by a member of the Road Running Technical Council. If such a remeasurement shows the course to be short, then all pending records will be rejected and the course certification will be cancelled.

This certification expires on December 31 of the year: 2035

AS NATIONALLY CERTIFIED BY:

Date: January 29, 2025

Diana Bean - USATF/RRTC Certifier - 180 W. Lake Road, Brackney PA 18812
(607) 240-9858 - dbean0120@gmail.com

NYRR GRIDIRON 4M 2025

4.0 Miles - Central Park, New York, NY

ROAD USE (shortest possible route within these restrictions)

START to 102 Transverse: 1 rec lane + 1 full bike lane

102 Transverse: Full width

102 Transverse to 72 Transverse: 1 rec lane + 1 full bike lane

72 Transverse: 2 inner/north-most lanes

72 Transverse to FINISH: 1 rec lane + 0.5 bike lane

LANDMARKS

All landmarks described from the runner's perspective as the course is run.

START

On East Dr, 3' 7" before/south of pole E0207, on the left.

[40.793111, -73.955167](https://www.google.com/maps/place/40.793111,-73.955167)

1 MILE

On West Dr, even with the north edge of pole W8903, on the left.

[40.787389, -73.967083](https://www.google.com/maps/place/40.787389,-73.967083)

2 MILE

On West Dr, 25' 7" before/north of pole W7218, on the right before the 72 Transverse; also in line with a black lamp post on the far left.

[40.774944, -73.974194](https://www.google.com/maps/place/40.774944,-73.974194)

3 MILE

On East Dr, 45' 9" before/south of pole E8403, on the left near the reservoir staircase entrance.

[40.781611, -73.963056](https://www.google.com/maps/place/40.781611,-73.963056)

5K

On East Dr, 9' 2" after/north of pole E8505, on the left.

[40.781667, -73.961028](https://www.google.com/maps/place/40.781667,-73.961028)

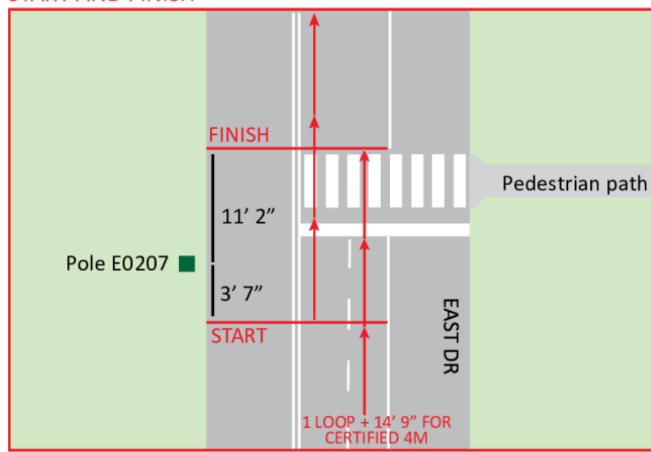
FINISH

On East Dr, 11' 2" after/north of pole E0207, on the left.

[40.793167, -73.955167](https://www.google.com/maps/place/40.793167,-73.955167)



START AND FINISH



Measured on 01/15/2025 by James Gusmer (WA-B), Roman Fedosieiev, and Will Ngo

jgusmer@nyrr.org 703-346-8196

